Meals that Cook Themselves

Mrs. Christine Frederick

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And Cut The Costs

By

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CHAPTER I

My Experience in Trying to get Away from Drudgery

ONE day I sat down with pencil and paper and tried to figure out just where the time went that I spent in all my household tasks.

First there was the laundry work, practically only a once-a-week job. Then there was the work of making beds, sweeping, dusting or cleaning, really a once-a-day job. And last there was all the food preparation and cooking and the eternal three-meals-a-day. When I estimated the time I spent in the laundry, the time I gave to cleaning and daily care of rooms, and the time I spent on all the cooking, I was astonished to find that by far the greatest amount of time was consumed in the preparing of meals, and that *I was actually spending 70 percent or nearly three-fourths of my time every day in the kitchen.*

By using fabrics requiring no ironing, and by the installation of a good washing-machine and mangle, I was able to greatly simplify my laundry work. Then I worked out for myself a helpful schedule for daily cleaning, and this, together with a vacuum cleaner, made it possible for me to reduce my cleaning work to a minimum of an hour or two a day. But the great stumbling-block in my housework and the one thing I did not seem to be able to simplify

or cut down the time on, was the cooking and the everlasting three-times-a-day, or 1095 times a year meal preparation.

Hours wasted in pot-watching

I found that all my kitchen work could be divided roughly, into (1) food preparation; (2) cooking and pot-watching; (3) serving and clearing up; and of these three I found unquestionably that the most time was consumed not in preparation, or in serving, but in cooking and pot-watching.

I actually experimented and timed myself in dozens of kitchen tasks. I found that it took only 8 or 10 minutes to mix a cake or simple pudding; that I could prepare enough carrots, potatoes or other vegetables for a meal in 4 or 6 minutes; and that *the preparing time* of any dish, even pie, bread, or a fairly complicated dessert *was* relatively *much shorter than the cooking time* of the same dish. The same cake that I could mix in 8 minutes had to be "watched" for a half hour or forty minutes, turned in the oven so that all sides were browned evenly so that I was sure that the baking was progressing as it should. The 7-lb. leg of lamb which it took me only a moment to lay in the pan had to be looked at and basted every fifteen minutes to see that it did not stick or become too dry. In short, I proved to myself the reason I spent so much time in the kitchen was due, not to the preparation of the meal, but *to the hours I had to waste in pot-watching.*

There seemed to be only two alternatives if I wanted anything cooked carefully and successfully—

one, to stay in the kitchen the entire time the food was cooking to make sure that it did not scorch or boil over or dry up; the other, to interrupt myself at other work and run constantly back and forth into the kitchen to see how things were "getting along." The first way resulted in my being a kitchen slave; and the second caused unnecessary steps and loss of energy besides confusion and interruption in other work.

Experience does not lessen kitchen drudgery

I used to think, as a young bride, that the reason I found myself spending so much time in the kitchen was because I was "slow" and had had little practice in cooking. But now, with a number of years' successful experience I found that I was spending almost as much time as ever in the kitchen. It seemed to me that the experienced cook had to spend just as much time in the kitchen as the inexperienced one. The roast won't cook any faster or the rice stick any the less because the cook has had ten years' practice!—food must be watched just the same.

Many friends of my acquaintance were trying to solve their problem by depending extensively on manufactured and ready-cooked foods. They thought the "delicatessen habit" was the easiest way to strike off the chains of kitchen slavery. But I believed that there is nothing so important to family health as wholesome, well-cooked home foods; and that while it might be all right to have an occasional "pick-up meal," they were not to be recommended as a daily

practice, especially in a family with children. Even if I seemed to be wasting hours around the stove, I was determined to continue my good, nourishing home cooking.

Home cooking meant lack of recreation

Nevertheless, this determination to bake my own bread and pastry, to have well-cooked cereals and vegetables cooked with proper care, resulted in my being deprived of almost all recreation. I could not seem to manage a stretch of free time for sewing, or it was almost impossible to attend a meeting of my woman's club or go shopping in the afternoon. If I took several hours for myself this way it meant that my family had to depend on an "eleventh-hour supper" of canned stuff, hastily prepared. This was not good or fair to the family; and yet I knew it wasn't fair or good for me to be so "tied down" and unable to have recreation, or get new viewpoints of what was going on and being done outside of my own home.

CHAPTER II

The High Cost of Cooking

IN THIS earnest attempt I was making to solve my household problems I found out other facts in regard to my home cooking. Not only did the cooking take hours of my time and prevent me from much needed and desired recreation, but I saw that it was vitally touching my pocketbook. In my housekeeping in various sections I had used successively coal, gas and oil, and even a wood stove in a summer camp. But no matter what the fuel, the amount of money it cost seemed too large a proportion of our household expense. Whether it was coal at $7 a ton, gas at $1.00 a thousand, or oil at 12c. a gallon, my fuel bills were exceedingly high. It seemed to me that part of my problem was not entirely the saving of drudgery, or the lessening of the high cost of food, so much as it was the specific problem of *how to reduce the high cost of cooking*.

I noticed that no matter what fuel I used there was a great deal of waste heat given off in the cooking process. Most of this waste heat went out into the room, and as I laughingly used to say "cooked the cook" as well as the dinner. How clearly I remember my kitchen on "baking day" when I used a coal range; and even with the usual gas and oil stove a great deal of heat was not used in cooking, but was

radiated off into the kitchen, making its temperature too high for comfort.

Economical buying useless through high cooking cost

I was what is called a "careful buyer." I studied the market and took pride in buying economical cuts of meat and other foods at the lowest prices. But this saving in marketing seemed valueless because the money I saved by prudent buying was wasted in expensive cooking. Even if I bought a flank steak at 12c. or 14c. per pound, the cost of cooking it several hours actually made it as expensive as a porterhouse. I hesitated before making soup because it required so many hours of simmering. While we liked baked beans, lentils and other economical meat substitutes I found that the long cooking time required for them made questionable their real economy. Again and again, when I was tempted to use a supposed "cheap" food, I hesitated because I knew from experience that it would require so many hours of cooking (and hence fuel) that in the end it would not prove a cheap, but altogether a very dear dish.

When I was using a gas stove the main reason for my high fuel bills seemed to be that I had to cook each different thing on a separate burner. For instance, if I had a lamb stew, and mashed potatoes, and string beans, that meant three burners going at once. Or if I had a roast dinner, which took the double row of oven burners, I needed at least one top burner for the vegetable.

Because of the long cooking time required I had almost given up the cooking of such nourishing cereals as whole oatmeal, cracked wheat, etc. Any kind of dried fruit like prunes, apricots, etc., also needed sustained cooking to do them justice. Again, all foods which required to be cooked in a double boiler like rice, tapioca, etc., necessitated a generous amount of fuel. Unless I wanted to reduce my cooking to the "frying-pan" type of expensive chops and unnutritious fried potatoes, I found that I had to use a great amount of fuel, which resulted in "heavy" bills.

Food waste caused by cost of fuel

Although I wanted to be economical and saving, the high fuel cost made it seem impossible. For instance, I might have a few left-overs of mutton which I knew would make a tasty dish if hashed, covered with potatoes and re-cooked forty minutes in the oven. Or I might have a quantity of bread crumbs and a few apples which could be utilized in an appetizing "brown betty" needing, however, an hour's slow cooking to make it delicious. A cup of corn meal, a little molasses and a few raisins would result in a toothsome Indian pudding—if I were only willing to use three hours of fuel in which to steam it!

The best ways of utilizing left-overs are in the various scalloped, casserole and baked dishes—but all of these require from one-half to several hours of fuel. In every instance the long cooking necessary made me question the economy of using left-overs and

simple ingredients which required a sustained cooking to turn them into palatable dishes The high cost of cooking in reality forced me to throw good left-overs into the garbage pail and to buy expensive cuts of meat!

CHAPTER III

The Principle of Fireless Cooking and Its Perfection in the Sentinel

IN ORDER to solve my cooking problem there were two things I knew I must accomplish—first, cut down the time I spent in useless pot-watching; and second, cut down the fuel wasted in usual cooking methods and equipment.

In trying to achieve these two ends I experimented with several devices on the market. I tried out one kind of radiating plate supposed to heat three utensils by the use of one burner. I used for some time the triplicate pails which permit three foods to be cooked on one heat. I tested combination utensils of the double-decked type permitting one or several foods to be cooked over the same flame. While each of these had some advantage, none completely satisfied my wants.

Fireless cooker seems a solution

Finally I tried a two-hole fireless cooker of the usual box type. This at last seemed a solution. Here was a device based on the principle of cooking by conserved heat. The cooker was an insulated or air-tight compartment into which foods could be put after having been raised previously to a certain

degree of heat. The waste heat which under ordinary cooking processes escaped into the room was, by the fireless, retained in the air-tight box and used as fuel.

My cooker, like most others of modern make, was fitted with a set of disks or "radiators" of soapstone which made possible slow, continued cooking. These disks were pre-heated on my ordinary stove and then placed below, and possibly above, the utensil of food I desired cooked. Even though there was no direct flame and the lid of the cooker was tightly closed, my utensil of food continued cooking with the heat slowly radiated from this disk. None of it was wasted, or radiated into the room, all of it was used in actual cooking. My fireless was a modern application of the thoroughly workable hay-box of the Norwegian, or the clambake of the Indian—a cooking by conserved heat which meant great saving in fuel.

Fireless cooking saves time and pot-watching

In addition, fireless cooking saved me hours of pot-watching. Instead of needing to baste my roast every quarter of an hour, once it was put into the fireless compartment it needed no further attention. Similarly with other foods on which I had formerly had to spend time in seeing that they did not scorch or boil over. The slow, even heat of fireless cooking prevented any danger of burning and the impossibility of a sudden boiling over.

Fireless cooking permits food economy

I also found that the fireless principle of slow, retained heat permitted real food economy. The many inexpensive foods like beans, cheap cuts of chuck, neck and flank, which I had previously hesitated about cooking because they took so much fuel in their long cooking were ideal when prepared by the fireless method of cooking with conserved (or costless) heat. I never needed now to ask myself how much fuel was required for any given dish, because the fuel cost was greatly reduced by fireless cooking.

Defects in usual fireless cooking equipment

As I say, I found that the principle of fireless cooking was ideal and unexcelled. I proved to myself that it saved labor and pot-watching, that it cut down fuel costs one third or two thirds, and that it permitted true food economy. But, on the other hand, I found great defects in the usual fireless cooking equipment.

The separate cooker or trunk-like box did not fit into my kitchen space. It was so large that it always seemed in the way. I tried rolling it underneath a table and then found it was very awkward and heavy to pull out when needed. But the worst disadvantage was the heating of the separate disks. It was a real nuisance to heat each separate radiator and lift it, while hot, into the cooker compartment. Indeed, it took a great deal of time to pull out, lift up, heat and lift down again each separate radiator. Unless I was very careful, I could not arrange satis-

factorily in the "wells" the various utensils to cook the foods I wanted.

Another defect of which I was always conscious was the round shape of the cooker compartments and utensils. It did not seem natural to roast in a deep round bucket, or to place a chicken into a utensil upright on its head, instead of lying flat. I did so wish I could use my own familiar utensils in my fireless cooking! And while I became really enthusiastic about fireless cooking, it seemed to me a pity and a waste of space that I had to have practically two stoves in my kitchen—a separate gas stove and then the trunk-like cooker which was always in the way.

The "one-piece" gas stove and fireless cooker

"Why doesn't some manufacturer bring out a one-piece combination gas stove and fireless cooker?" I said to a friend with whom I was discussing the whole subject. "That would be the ideal stove."

"But there is just such a stove on the market," my friend replied. "That's exactly what the Sentinel Automatic Cook Stove is—a combined gas stove and fireless cooker."

I lost no time in looking up this stove and giving it a close investigation. I found that here at last was a cooking equipment which embodied all the excellent points of fireless cooking, with none of the defects which had troubled me in the usual fireless equipment.

Here was no separate box-like cooker, but an insulated oven as part of the stove itself. Here were

no separate radiators requiring to be lifted up and down, but a permanent, large radiating plate forming part of the oven itself. Here were no round well-like compartments, but a broad, square, spacious oven large enough to cook a turkey lying flat. I saw at once that in the Sentinel Automatic Cook Stove all the defects of usual fireless cooking equipment had been met and overcome.

CHAPTER IV

How the Sentinel Looks and Works

THE Sentinel Automatic Cook Stove is a one-piece or *combination gas stove and fireless cooker.* Instead of a separate gas stove and a separate cooker which is both space-taking and step-making, the Sentinel combines both in one permanent fixed equipment.

It is, first of all, a *complete gas stove.* There are the regulation top burners, large, small, and even the little "simmerer." This makes it possible to follow usual quick cooking processes in frying, sauté-ing, making coffee, etc. In addition, there is an excellent broiler, so that the Sentinel fulfills first, all the requirements of the most up-to-date, complete, gas range.

It is, next, a *complete fireless cooker.* But this cooker with its automatic oven is as different from the clumsy double or triple-compartment cooker as the modern automobile is from the original, awkward models.

Instead of the heat-wasting oven of the usual gas stove, there is an insulated or heat-retaining oven with walls one and one-quarter inches thick. In most cookers or insulated ovens the packing or insulating material is loose, so that after a while it shakes down, permitting the radiation of heat. But in the Sentinel

the packing is made in the form of a brick, which remains solid permanently, so that there never can be any lessening of its efficiency and heat retaining qualities.

The inner sanitary oven-rack

Within these thick insulated walls is fitted an inner oven rack. Its distinguishing point is that it can be lifted out and as easily cleaned as the inside of a refrigerator. Every woman who has had the usual difficulty in cleaning and "getting at" her oven will appreciate this sanitary oven rack which can be lifted out in a moment and in which there is no chance for the accumulation of any food fragments. In addition, *the rack acts as a heat distributor* so that any corner of the oven bakes equally well. Think what this means in contrast to the usual oven where there is only a certain corner that "browns evenly," or where it is necessary to lift the food from place to place in order to have it uniformly cooked.

The permanent "radiator" or heat retainer

As I pointed out, one of the chief defects of the usual fireless equipment is the separate movable radiators which must be lifted up, heated and lifted down into the cooker compartment. In the Sentinel *there is only one large square heat retainer* lying at the base of the oven. It is of soapstone and for convenience in cleaning and to avoid danger of cracking it is in parts. But the heat retainer is never moved; it remains a permanent, integral part of the cooking compartment or oven. This feature entirely obviates the unpleasant and useless motions of handling separate radiators.

The economical single burner

Another defect in using the movable radiators of usual fireless equipment is that they must each one be separately heated over separate burners. This means considerable fuel expense. Again, the ordinary gas oven is heated by two horizontal rows of burners which are equivalent to two or three circular burners of the usual size. In the Sentinel however, there is but *one small burner.* It is situated directly under the heat retainer in the floor of the oven, and operated by a single cock. This small single burner is sufficient even when the oven is filled to its utmost capacity. By exact measurement it has been determined that this single burner consumes only twenty-four feet of gas per hour. It would not be possible to heat such a large cooking compartment as that of the Sentinel with so small a burner were it not for the perfect brick-like insulated walls and the special features of the oven rack which deflects the heat, and the efficiency of the multi-part heat retainer. In other words, because of its superior mechanical construction the Sentinel can, with one burner, heat as large a compartment as would require three times the amount of fuel in the ordinary stove

The commodious square cooking compartment

Another great disadvantage in the usual fireless equipment is the shape and limited size of the cooking compartment. The "wells" are round; the utensils are round, and as I mentioned, it does not seem natural to place foods on end and cook them in

buckets. In the Sentinel *the cooking compartment* or oven *is square* and very commodious. This permits the quite revolutionary feature in fireless cooking of using *any and all shaped utensils.*

Your old square baking pan, your "roaster," your oblong bread pans, that odd-shaped pudding mould, that dear little short-cake tin—all of them "fit" in the Sentinel Automatic. It is not necessary to have a special "set" of cooker utensils with the Sentinel You can use the same pans, tins and moulds that you have always used, which means economy because you do not have to throw them away or get a new set; it also means convenience because you know that many of the ordinary sized or shaped utensils can never be used in the ordinary fireless cooker.

Why the Sentinel is automatic

But I have yet to describe the most interesting and unusual feature of the Sentinel—*its automatic attachment which enables meals to cook themselves.* Underneath the gas cock of the single burner, and attached to it by a simple spring mechanism is the automatic time-lever. This lever is also attached to an easily read dial which registers the various minutes —ten, twenty, thirty, sixty, etc. The lever can be set to operate for any desired time, and at that exact moment, the gas cock with which the lever is connected will be turned off and the flow of fuel stopped. This is what makes the Sentinel automatic—it does not require a human hand to regulate or stop the amount of fuel necessary to a given piece of cooking.

In other words, by this automatic attachment alone every need for human pot-watching is done away with. Instead of standing over a stove and constantly looking and judging as to the exact moment when the food should be removed and the cooking process stopped, this automatic attachment times your cooking for you. *You do not need to spend 70 percent of your time in the kitchen when the automatic attachment takes your place at the cook stove.*

CHAPTER V

What the Sentinel Saves in Fuel

IT IS not a matter of guesswork as to how much fuel the Sentinel saves you. In their cooking laboratory the manufacturers have tested for months and even years, to estimate the saving in fuel made by the Sentinel. You may say to yourself "it seems worth while for a heavy dinner, but I can't see where it saves much in ordinary light meals."

The point is, you may not always realize how frequently your dinner *is heavy*—until you see the monthly bill. No one would say the following dinners are unusual or extravagant, and yet let us see how much fuel it takes to cook them:

MENU ONE

Usual way			*Sentinel way*
2 chickens, 8 lbs.	2	hours gas	1 hour of gas or direct heat
Boiled potatoes (10)	½	" "	
Head of Cauliflower	¾	" "	1¾ hrs. retained heat (costless)
Indian pudding	2½	" "	
Total fuel	5¾	" "	1 hour....Total fuel

This dinner cooked in the usual way, required the use of the oven burners, and the use of three separate top burners. This dinner cooked the Sentinel way was all put into the oven at once and cooked on *one burner.*

MENU TWO

Usual way		*Sentinel way*
Halibut, 2½ lbs., (baked)	¾ hour gas	40 minutes of gas or direct heat
Mashed potatoes (for 4)..	½ "	
Brussels sprouts (for 4)...	¾ "	30 minutes, retained heat (costless)
Cup custard.....	¾ "	
Total fuel.....2¾ hours		40 minutes..Total fuel

This dinner is typical of the amount of fuel needed in a very simple dinner. It answers the question, "Does the Sentinel pay in cooking simple meals?" Certainly, if this dinner cooked the Sentinel way required only 40 minutes' total fuel, whereas cooked in the usual way it required 2¾ hours' fuel, the saving of over two hours' gas has a definite cash value. The point to be constantly kept in mind is, that all of *the cooking generally distributed over two or three burners* in the usual way *can all be compactly done over one burner in the Sentinel.*

MENU THREE

Usual way		*Sentinel way*
Soup.....4	hours gas	70 minutes of gas or direct heat
Baked beans (2 quarts)...5	"	
Boiled beets (for 4).....1½	"	5 hours, retained heat (costless)
Baked apples (for 4) same time as beans		
Total fuel.....10½ hours		Total fuel..70 mins.

This menu shows clearly the saving that the Sentinel effects in all foods necessitating long continued cooking. Here we have beans and soup and beets (a vegetable generally requiring long boiling). Under ordinary conditions, baked beans, soup, whole cereals and the cheaper cuts of meat are too expensive to be used when the fuel cost necessary is estimated.

But with a Sentinel, the "costless retained heat" is the very means to cook these foods well and inexpensively. It is well known that all of the so-called "cheaper cuts" must be cooked several hours until their tissues are softened and the flavor extracted. This long cooking is extravagant when done the usual way, but when done the Sentinel way enables the housewife to lessen her food bills with true economy.

Comparison of Sentinel with other fireless cooking

With the usual fireless cooking equipment, it is necessary to both pre-heat each utensil of food and each radiator over a separate flame burner. While this is not ordinarily considered so, it is fairly expensive. A comparison with the Sentinel cooking cost is interesting:

MENU ONE

Usual fireless way		*The Sentinel way*	
2 chickens, 8 lbs. (2 radiators heated 20 min.)	40 min. gas		
Boiled potatoes (10) (pre-heating)	15 "	1 hour of gas or direct heat	
Head of cauliflower (pre-heating)	15 "	1¾ hours retained heat (costless)	
Indian pudding (pre-heating)	40 "		
also 1 radiator	20 "		
Total fuel	2 hours, 10 min.	Total fuel	1 hour

From this comparison it will be seen that the fuel cost of the Sentinel averages one-half of the fuel cost of the usual fireless. Indeed, many women have noticed before this that the ordinary fireless is not

always so fuel-saving and that by the time separate radiators or pre-heating is done for each utensil, considerable fuel is used. On the contrary, the Sentinel permits all these foods to be cooked in one compartment, put in the oven cold, without pre-heating and cooked by the heat generated under a single radiator. *There is only one way to lower the high cost of cooking, and that is by using a Sentinel.*

CHAPTER VI

How and What You can Cook with the Sentinel Automatic Cook Stove

THERE is nothing wonderful or difficult about cooking with a Sentinel. On the contrary, it reduces the possibility of cooking failure to a minimum. The reason for so many unsuccessful dishes is the fact that the cooking time and the exact temperature required could not be adequately tested by the human worker. Cooking is indeed a most exact science; but it is impossible to get scientific results by guess, or to estimate a definite temperature by a test with the hand, waiting for a piece of paper to get brown, etc.

The reason why commercial cooking, especially commercial baking has such uniform results, is because mechanism and thermometers take the place of the eye and hand. Until recently there has not been in the home any counterpart of the controlled cooking conditions found in the food factory, the bakery and the hotel. But the *Sentinel*, more than any other cooking equipment, *has placed cooking under definite control of time and temperature.* Its mechanism is so perfect, and its automatic feature so completely gauged that it enables cooking processes to be standardized, or made definite and uniform.

Standardized vs. Guesswork Conditions

With the ordinary gas stove I used to turn on the burners for a few minutes until I thought the oven was hot enough. Then I put in my bread, cake or meat. During the process I had to open the oven door several times to see that the food was not getting overdone, and I frequently had to adjust the burners high or low as the case might be, to regulate the temperature. While about seven times out of ten my results were perfect and the bread browned evenly, or the roast was not overdone, it happened three times out of ten that I had not gauged the cooking correctly and my results were far from satisfactory. Now, with a Sentinel Automatic the responsibility for even, uniform cooking results is lifted from the shoulders of the cook and placed where it rightly belongs—on an automatic regulator.

A dinner cooked in the Sentinel

Suppose we cook our Sunday dinner in the Sentinel and see how it works. Our menu is:

Leg of lamb (10 lbs.)
Brown potatoes (8) String beans (1 qt.)
Apple tapioca pudding (1 qt.)

I lay the lamb in my regular square roasting pan, dusting it with salt, pepper and flour. I pare the potatoes and arrange around the meat. I string and slice the beans lengthwise and put them with a small quantity of cold water into any convenient utensil. I pour boiling water on the tapioca, flavor, sweeten and add the apples in a small baking dish. My dinner is now ready for the Sentinel.

The oven does not need to be pre-heated

If I were using the ordinary gas stove, you know it would be necessary to pre-heat the oven ten or fifteen minutes before putting in the roast and dinner. If I were using the ordinary fireless cooker, you know it would be necessary to heat each separate radiator fifteen or twenty minutes before placing them under and over the utensils of food. But with the Sentinel *it is not necessary to pre-heat the oven.* I take roast, pot of string beans, and pudding dish and arrange them as is convenient on the racks of the *perfectly cold oven.* Then I light the one burner under the heat retainer, shut the oven door, and my work is ended.

Think of the saving in fuel because the Sentinel oven does not need to be pre-heated! In any other oven or in any other fireless cooker, fuel must be used in advance for ten to twenty minutes before it actually begins to cook the food. But in the Sentinel *not one minute's worth of gas is wasted.* The food is put into the oven when both are cold (with the exception of pastry), and the fuel is not turned on until you wish to actually start the cooking process.

How the automatic attachment works

I said that one of the most unique features of the Sentinel is the automatic attachment which removes the responsibility for definite cooking results from my shoulders. In other words, once my dinner is in the Sentinel I do not have to think or worry or figure out when my dinner will be done. I let the automatic attachment do the worrying for me!

This is how it works. In the cooking laboratory of the Sentinel Manufacturing Company such careful and extensive tests were made in cooking all kinds of food that exact rules and time were determined for any given kind and amount of food. The setting of the automatic attachment is determined by the weight of the meat to be cooked or its equivalent. There is nothing difficult to figure out about any dinner. Here are the two simple rules governing the timing or setting of the automatic attachment:

RULE 1

Direct heat required (time actual fuel is in use):
10 minutes to each 1 lb. up to 4 lbs. (of meat)
5 minutes more for every additional lb. up to 15 lbs.

RULE 2

Retained heat required (time no fuel is in use):
15 minutes for each 1 lb. up to 4 lbs.
10 minutes more for each additional lb.

How to set the attachment for an actual dinner

To make it perfectly clear, let us set the attachment for this, Sunday dinner. The lamb weighs ten pounds. Applying Rule 1 to this weight we find ten pounds of meat require 70 minutes of direct heat. Applying Rule 2, we find that ten pounds of meat require 120 minutes (or two hours) of retained heat. All that is necessary for us to do is to set the dial hand on the automatic timer at 70 minutes. After putting our cold food into the oven, setting the timer and lighting the burner, we need not give another thought to the dinner. Precisely at 70 minutes after we lit the burner the automatic attachment will shut off the gas and the cooking will

proceed with retained heat on the fireless principle; in other words, *the meal will cook itself.*

I may be ten miles from home in the heart of the shopping district; I may be enjoying the second act of a popular play; I may be in church, or at the club, but the automatic attachment works while I play—at 70 minutes from the time I turned on the gas, and left the kitchen to go out of the house, the automatic attachment shut off the gas.

Could anything be simpler? Could anything so well take the burden of pot-watching, and waiting, and constant peering into the oven, and basting, from the shoulders of the housewife?

You can roast, boil, bake and steam at one time

The Sentinel oven is so made and insulated that it is possible to roast, boil, bake and steam in it at one time. In the dinner we have cooked, the lamb was roasted, the beans were boiled, and the pudding was baked—all in the automatic oven at the same time. In other stoves, or with other fireless cookers, roasting and boiling cannot take place in the same compartment. But because the Sentinel is so constructed that different cooking processes can be followed at the same time in the same compartment heated by the single burner, is one of the chief reasons why the Sentinel appeals to every housekeeper from the economy view. Instead of one burner for roasting, another for boiling and another for baking, *the heat from the single burner in the Sentinel oven permits all these processes to be carried on successfully at once.*

What you can cook in the Sentinel

You can cook in the Sentinel any food that you can cook in any other stove or fireless cooker. All kinds of meats can be roasted, even a turkey weighing 15 pounds, chicken, roast of beef, or leg of lamb; and that means roasted brown and crisp, not semi-boiled and white-looking. All kinds of meats can be stewed or cooked en casserole with gravy. All kinds of vegetables can be steamed or boiled. All kinds of bread, cake and pastry can be baked. Puddings and desserts can either be baked, steamed or boiled. Soups, cereals and other foods needing very long cooking are ideal cooked in the Sentinel.

The Sentinel is first, a complete gas stove on which all quick cooking methods like broiling, frying, making coffee, etc., are possible. It is second, a fireless cooker oven in which all long cooking processes like roasting, steaming, boiling and baking are possible. But it operates with a minimum of gas, and its automatic attachment removes the human factor of uncertain results and guesswork, and enables meals to cook themselves.

The oven of the Sentinel can be also used *in every respect* like that of an ordinary gas range whenever it is not desired to utilize the automatic cooking features. You just turn a simple lever and the timing mechanism is disconnected from the oven burner. In other words, you can bake or roast in the usual way or you can cook automatically - whichever you wish.

CHAPTER VII

How the Sentinel makes Possible an Eight-hour Day for Women

"I NEVER seem to get through with my work; try as hard as I can I don't seem to be able to manage. I always seem to be washing dishes or cooking, and at night I'm too tired to sew or dress up. How can I get some time for myself and yet not neglect my housework?"

This is only one of thousands of similar letters which have come to my desk in the past few years from women all over the country. These women love their homes and like housekeeping, but justly they struggle against the conditions which make it still true today that "woman's work is never done."

I have looked at hundreds of schedules of household work which women have sent me for helpful suggestions. The fact which stood out in all these schedules, regardless of the number in the family or where they lived, was that the majority of these women were spending between 10 and 14 hours a day in housekeeping tasks. While man's work very generally is limited to an eight-hour day, woman's work still remains unmeasured and unending.

How the average housekeeper's day is spent

No matter how elaborate or simple the home, or how many or few the members of the family, the same

household tasks must be done in all cases. There is cleaning of rooms, making of beds, preparing three meals a day and less frequent laundry work and sewing. If there are children, their care must be included every day as must marketing and special occasional tasks like window washing, silver cleaning and other time-to-time work.

While the various daily household tasks under other conditions may not be exactly similar, the following schedule is typical of an ordinary average day in many a family. In this actual case there were mother, father and three children, of school age. This made the work a little less complex than if the children had been younger and at home all of the time. As in so many other families, the husband did not come home at noon, and the chief meal was at night.

Here is how Mrs. Robbins spent her average day; and how Mrs. Robbins spent her day after she bought a Sentinel: (The menu in both schedules was identical.)

LUNCH

Vegetable soup....Macaroni au gratin
Cream boiled custard

DINNER

Leg of lamb
Mashed potatoes....string beans
Steamed ginger pudding

DAILY HOUSEHOLD SCHEDULE

A.M.	**Without a Sentinel**
6: - 6:30	Rise and dress
6:30- 7:15	Prepare Breakfast
7:15- 7:45	Breakfast
7:45- 8:30	Wash dishes and clear up kitchen
8:30- 9:30	Make beds; brush up 4 upstairs rooms and bath
9:30-10:45	To kitchen to start soup for lunch. Return to cleaning of downstairs, parlor, and hall
10:45-11:45	To kitchen to look at soup; start macaroni, start custard in double boiler and watch them
11:45-12:	Finish preparing lunch
P.M.	*Lunch* 12 to 1 o'clock
1: - 2:	Wash lunch dishes; mop kitchen; sweep porch
2: - 3:	Finish interrupted downstairs cleaning of morning
3: - 4:	Special cleaning —windows, silver, stove or pantry
4: - 5:30	Prepare roast, vegetables and dessert for dinner, and watch their cooking
5:30- 6:	Dress and serve dinner
	Dinner 6 to 7 o'clock
7: - 8:	Wash dishes

A.M.	**With a Sentinel** (*30 minutes saved*)
6:30- 7:	Rise and dress
7: - 7:15	Remove breakfast from Sentinel
7:15- 7:45	Breakfast
7:45- 8:45	Wash dishes and clear up kitchen; place macaroni and custard in Sentinel
8:45- 9:45	Make beds; brush up 4 upstairs rooms and bath
9:45-10:45	Clean downstairs; parlor, dining-room and hall
10:45-11:45	Special cleaning; windows, silver, stove or pantry
11:45-12:	*Rest period; 15 minutes saved*
P.M	*Lunch*
1: - 2:	Wash lunch dishes; mop kitchen; sweep porch
2: - 2:30	Put dinner in Sentinel
2:30- 5:45	*Rest or recreation period*
	3¼ hours saved
5:45	Serve dinner from Sentinel
	Dinner
7: - 8:	Wash dishes; place cereal, stewed fruit for breakfast in Sentinel

Hours of work without a Sentinel	
6 A.M. to 12 noon	6 hours
1 P.M. to 6 P.M.	5 "
7 P.M. to 8 P.M.	1 "
Total hours or work	12 hours
No rest period except at meals	

Hours of work with a Sentinel	
6:30 to 11:45 A.M.	5¼ hours
1 P.M. to 2:30 P.M.	1½ "
5:45 to 6 P.M.	¼ "
7 P.M. to 8 P.M.	1 "
Total hours of work	8 hours
Rest periods:	
Rises	½ hour later
Before lunch	¼ " in A.M.
2:30 to 5:45	3¼ " in P.M.
Total Rest period	4 hours

Less fatigue and more recreation time with a Sentinel

In contrasting the two schedules of Mrs. Robbins, these facts stand out: In the first schedule it took 45 minutes to prepare her breakfast; in the second, it took only 15 minutes to prepare breakfast, because the cereal and fruit had been cooked in the Sentinel the night before. This enabled her to rise a half hour later, thus giving her more energy before starting the day.

In the first schedule her morning's work was interrupted again and again by having to run back into the kitchen to see how the soup was progressing, and starting and watching the luncheon cooking. Owing to these interruptions, her cleaning work was very much delayed so that she had to spend some of the time in the afternoon finishing this cleaning.

In the first schedule, also, we see that Mrs. Robbins spent an hour and a half in the afternoon preparing the roast, vegetables, and dessert, basting the roast, and seeing that the pudding was cooked properly. This took up a great part of her afternoon so that she practically had only a few minutes to change her dress for dinner and no opportunity to leave the house or have a clear stretch of several hours for sewing or some recreation.

On the other hand, in the second schedule, we see that she prepared her luncheon at 8:30 A. M., and put it in the Sentinel where it went on cooking without any attention from her so that she did not need to return again to the kitchen until the actual time to serve luncheon. The fact that she was thus free from interruption permitted her to "get ahead" with her cleaning schedule and crowd into the forenoon's work the hour of special cleaning of window, silver, etc., which formerly she had to leave until the afternoon. In addition, she worked with less fatigue, because of less interruption and thus saved some little time simply because her efficiency was greater.

An "afternoon off" every day!

But the chief point of difference in the two schedules is shown in the free time Mrs. Robbins had in the afternoon when she used a Sentinel for cooking her evening dinner. After preparing her meal at 2:30 she put it in the Sentinel, adjusted the automatic timer and left the kitchen, not to return until 5:45 or just in time to serve dinner. In other words, the Sentinel made possible *an afternoon off every day*

because it entirely removed the need for Mrs. Robbins' personal attention to the cooking, or need for any basting, watching, changing of temperature of the oven, or overseeing the cooking of the dinner in any way.

The meals in both cases were the same. But the Sentinel enabled Mrs. Robbins to cook the same meal with less effort, less attention, and less time. Where formerly Mrs. Robbins had been spending 12 hours in her household tasks, she now spent only 8 hours a day in doing the same amount of cleaning, cooking and other work. *The Sentinel made possible for Mrs. Robbins an eight-hour day of housework!*

CHAPTER VIII

Planning Your Kitchen to Save Work

IN my attempt to solve the problem of kitchen drudgery, I found that the way the kitchen was arranged made all the difference between step-saving and step-making work. Many kitchens are far too large; the small, compact, well-arranged kitchen devoted solely to the preparation of food means easier kitchen work. Good sizes for a one-worker kitchen are, 9 x 11; 11 x 13; 14 x 16.

Two main kitchen processes

When I watched myself and other women at work, I found there were just two main processes in all kitchen work---one, the preparation of food; and the other, the clearing away of food. The preparation process consists of the following steps:

(1) Materials taken from storage, ice-box or pantry.
(2) Food prepared on kitchen table or cabinet, to left of stove.
(3) Food cooked in the Sentinel.
(4) Food served on tray or table to right of stove.

The clearing-away process consists of the following distinct steps:

(1) Soiled dishes carried to stack surface to right of sink.
(2) Dishes washed in sink or dishwasher.

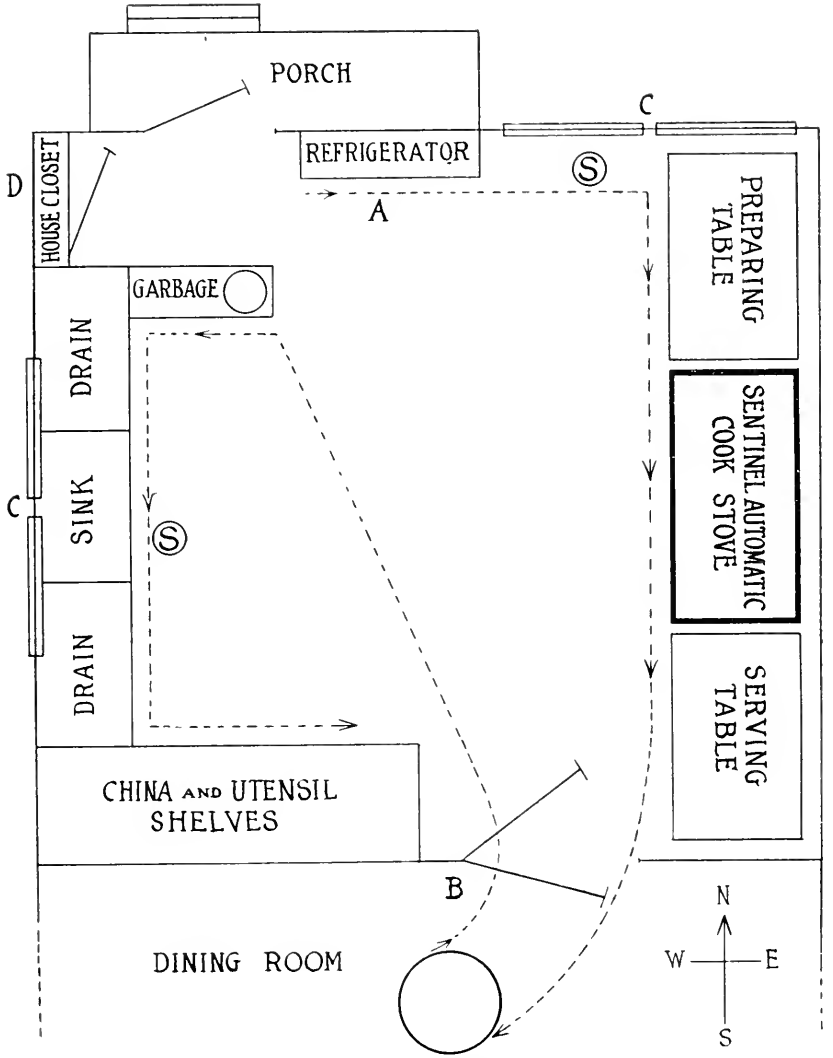


Diagram Showing Efficient Kitchen Arrangement

This permits a simple chain of steps, either in preparing or clearing away a meal.

A—Preparing; B—Clearing away.

A—Refrigerator iced from outside; Kitchen Cabinet; Sentinel Stove; Metal-covered Serving Table.

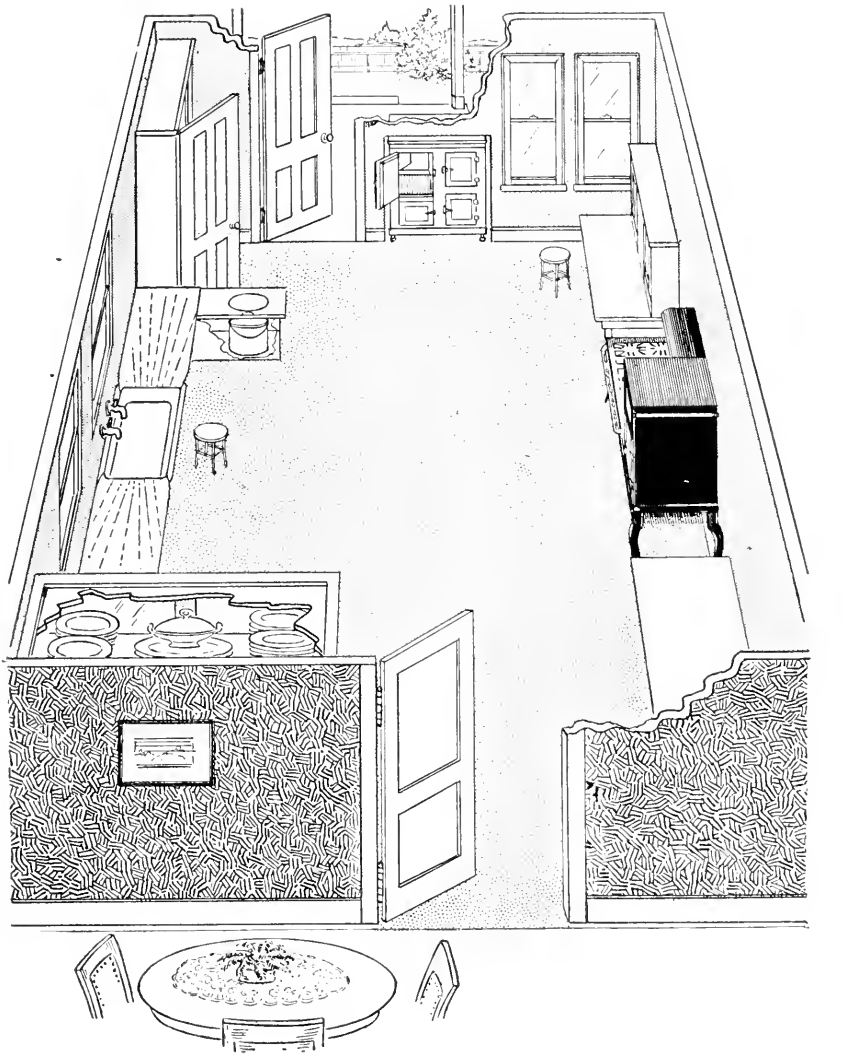
B—Garbage and scraping shelf; stack-surface; sink; drain; china-utensil shelves.

C—Ample Cross Ventilation.

D—House closet for brooms, buckets, and cleaning tools.

Size—approximate 10 x 12 feet.

S—High stools on castors.



Perspective of Efficient Kitchen
shown on page opposite

(3) Dishes drained to left of sink.
(4) Dishes laid away on shelves, closets, etc., to left of drain.

No matter how simple or elaborate the meal, these steps in just this order will permit easy and step-saving work. But still more important is the fact that each of these steps covers distinct equipment.

The reason for so much unnecessary walking and step-taking is because most kitchens do not observe this rule—that *the equipment of the preparing process must be kept distinct and separate from the equipment of the clearing-away process.* To put it concretely, the storage, kitchen table, stove and serving table must be arranged together in one group. The sink, dishwashing, utensils-and-china shelves and closets must be arranged together in a separate group.

Model kitchen plan shows step-saving arrangement

A careful study of the diagram of a model kitchen here given will show how equipment can be thus related and grouped. This will permit two separate tracks of work: one to prepare a meal; one to clear it away. No matter how large or how small the kitchen, this arrangement can approximately be followed.

A second rule for step-saving work is, to *keep related, small equipment together.* This means that the tools or utensils always used at a given surface should be permanently kept there. For instance, if the egg-beater, measuring cup and grater are always

used at the preparing table, they should be hung or kept as near this table as possible. Since the pancake turner, skimmer and soup-ladle are used only at the stove, they and the frying-pans, roasters and other peculiarly stove-needed equipment should be grouped near the stove. If a woman will watch her self at work, she will see that many and many a time she walks twenty unnecessary feet to a distant pantry, getting her tools, which she might just as easily have had permanently located near her work table. The more carefully this grouping idea is carried out, the more step-saving will be the kitchen.

Correct height of working surface

No one point is more important to kitchen comfort than to have the working surfaces at the right height. Sinks, stove and table are generally so low that they mean back-breaking work. The worker should find out for herself the most convenient height at which she can work without strain or fatigue. The tables can be put on small blocks of wood and the sink raised several inches to suit her convenience. Good heights for tables are 32 to 34 inches; for the average woman the bottom of the sink should be about 32 inches from the floor.

Pantries and wide shelves inefficient

Unless the family is very large and a great deal of storage room is necessary, pantries and separate closets mean extra steps and work. The best plan is to do away with separate closets and have as many utensils and supplies as possible kept on open, narrow shelves. This will permit each article to be

seen readily, and to have a definite place. Shelving should not be wide, but narrow, and if possible adjusted to the width of the utensil or article it is going to accommodate. Shelving may range from 6 to 10 inches wide, and should also be placed close together to save space and prevent awkward reaching.

Sanitation and cleanliness—the kitchen ideal

The more sanitary and non-absorbent all the surfaces of the kitchen, the less will be the labor of the worker. Exposed wood means constant scrubbing and care. It is best to have the floor entirely covered with non-porous material like linoleum which can easily be wiped up. Wood should be dispensed with as much as possible, and tables, drainboards and other surfaces covered with some kind of metal. Nothing should be built close down to the floor so as to allow easy and thorough mopping.

Light and ventilation and the color of the walls are minor details which must not be overlooked. There should always be adequate light on any working surface; cross ventilation can be secured by having windows at opposite sides of the room, using transoms or having a door in the opposite wall from windows. The decorating of the kitchen will do much to insure lightness, cheeriness and cleanliness. Dark, somber tones should never be chosen. The ceiling should always be white. The side walls may be any of the shades of warm gray, light blue, cream, putty, buff, apple green, or other neutral tints, depending on the exposure of the kitchen.

The Sentinel makes easy work

Every woman will appreciate the sanitary features of the Sentinel. How many hours many a woman spends "polishing the stove!" But the finish of the Sentinel is a beautiful battleship gray metal, with white splashers above the hot plates, and white enamel trays under the burners. There are no ornaments, fretwork, or crevices to hold dirt and make work.

The stand of the Sentinel is as simple and tasteful as a piece of well-designed furniture. The lower shelf or cooking compartment is several inches above the floor, which permits easy and thorough cleaning under the stove. The entire outer surface can be kept clean with a damp cloth—there is no need to use "blacking," "stove polish" or other cleaners which soil the hands.

Too frequently the "usual stove" makes all the kitchen problem. It has waste products in the way of soot and smoke, and gives off odors and an excess of steam. But since most of the cooking in the Sentinel is done *in a closed compartment*, there is a minimum of waste products, that practically results in odorless, steamless cooking. This solves the problem of kitchen ventilation, because cooking with the Sentinel's retained heat keeps the kitchen cool. All of the fuel is used in cooking the food, and none in cooking the cook! The Sentinel joins hands with modern kitchen sanitation because it is so easy to care for, so light and clean in appearance, and so free from the time-long objections of creating odors, soot, and radiated heat.

CHAPTER IX

Questions that Women Ask about the Sentinel

PERHAPS you have not yet seen the Sentinel and there are still some unanswered questions in your mind. Here are some questions other women have asked and the answers to them. Is your question not fully answered here?

(1) *Is it not necessary to partially heat foods before placing them in the Sentinel?*

A. No. It is not necessary to pre-heat foods before placing them in the Sentinel oven. This is just the point where the Sentinel differs and is superior to the usual fireless cooker. Foods can be put cold into the Sentinel and cooked just as well as if pre-heated by the troublesome method necessitated in the usual fireless.

(2) *But surely pastry cannot be put into a cold oven?*

A. Pastry is the one exception to the general rule about putting foods into a cold oven. In this case, the oven needs a slight pre-heating, or pastry may be cooked in the oven after it has been heated by cooking other foods and they have been removed.

(3) *Is it possible to both boil and roast in the oven at the same time?*

A. Yes. The Sentinel oven is so made and its heat retaining qualities so unusual that it will roast meat and boil vegetables or other food at the same time.

(4) *But supposing a piece of meat requires 70 minutes of direct flame, and 2 hours of retained heat (example in this book); will this time not be too long for the string beans and the pudding, and will it not be necessary to remove them before the roast?*

A. No. Owing to the slow, equable heat of the Sentinel Oven, these foods will not be over-cooked if kept in this length of time. There is no possibility of scorching, or over-doing foods in the Sentinel if the automatic timer is set correctly.

(5) *Will not the oven become rusty and a great deal of steam be condensed in using this fireless method, if there is no outlet for the escape of steam?*

A. The Sentinel provides amply for the escape of steam. There is in the bottom of the oven an asbestos ring which permits the drying out of condensation. There is thus no rusting. In addition, the floor of the oven is inclined so that moisture is directed to this asbestos ring and quickly dried out.

(6) *If 60 or 70 minutes of direct heat is needed for a 10-lb. roast, it does not seem as if the Sentinel is as economical as you say?*

A. Contrast the time a 10-lb. roast would require if cooked in the usual gas oven at the usual estimate of 15 minutes of fuel to a pound of meat. A 10-lb. roast would require 2 hours and 30 minutes of direct heat compared with 1 hour and 10 minutes required in the Sentinel, or a saving of 1 hour and 20 minutes.

It must also be remembered that the *Sentinel uses only one small circular burner consuming 24 feet of gas per hour,* while the usual gas oven has a double row of burners consuming frequently as much as 40 or 50 cubic feet per hour.

(7) *Can the Sentinel be used for overnight cooking like the ordinary fireless?*

A. Yes; it is even simpler to use the Sentinel. For instance, oatmeal, prunes or soup can be put *cold* into the Sentinel in the evening, the timer set, and the cooking will proceed over-night. There is no necessity either for pre-heating the food up to a given point, or for pre-heating the oven. Both food and oven may be cold when the cooking commences.

(8) *How can the exact amount of time required for various foods be determined so that the automatic attachment can be set correctly?*

A. The exact time necessary and detailed instructions for using the automatic attachment have been accurately worked out for you in the cooking laboratories of the Sentinel Manufacturing Co. A domestic science expert has spent months testing recipes and the cooking time required in the Sentinel. When you buy the Sentinel you receive free a regular, bound cook book giving you very complete directions for Sentinel automatic cooking. You do not have to experiment with the Sentinel; this has all been done for you.

(9) *Do foods never scorch or get overdone in the Sentinel?*

A. If the Automatic attachment is set properly, it is impossible for food to scorch, become dry or over-cooked. The timer controls the amount of direct heat which browns and gives the food its first quick cooking; the retained heat is so gentle that it could not possibly permit scorching or overdoing. The only slight exception is boiled potatoes, which tend to become a trifle soggy so that it is better to always steam them when they form part of a dinner requiring long cooking.

(10) *Isn't it difficult to set the automatic timer?*

A. No. The timer never needs winding as it winds itself while you set it. All that is necessary is to press down the lever, and set the pointer to the required number of minutes on the dial It is just as easy as turning on a gas-cock and lighting the gas.

CHAPTER X

Where and How You can Buy the Sentinel

IN a large number of towns, the Sentinel Automatic Cook Stove is sold by the local gas company or by one or more stove dealers. If you do not know whether it is sold by anyone in your town, write to The Sentinel Manufacturing Company, New Haven, Conn., who will gladly tell you where you can get a Sentinel.

In any community where the Sentinel is not yet sold by the gas company or by a stove dealer, it can be bought direct from the manufacturers. It is the policy of The Sentinel Manufacturing Company to make it easy for anybody, anywhere, to get this automatic gas stove which saves women so many hours of time and work.

The *prices* of the different Sentinel models quoted on the following pages *include freight* so that if you order it direct from the manufacturers, there is no extra charge for transportation. The stove can be easily and quickly connected by any local gas fitter or plumber. There is nothing at all complicated about its installation—it is connected exactly like any gas range.

When considering the purchase of a Sentinel Automatic Cook Stove, you should bear in mind that its cost is not an expense but a real economy.

Entirely apart from the welcome relief from cooking drudgery which it gives you, the Sentinel effects such saving in gas bills, as compared with the ordinary range, that it really pays for itself.

The saving in fuel and labor—the economies in the purchase of food which it enables you to make—are so important that practically every woman can afford the Sentinel Automatic Cook Stove. And a very essential fact to be remembered is that the Sentinel can be used *in every respect* exactly like a regular gas range, whenever it is not desired to utilize the automatic cooking feature.

The three Sentinel models are illustrated, described and priced in this book. The capacities of these models are ample for all needs. No matter how large or small your family—no matter how varied or complete meals you may wish to cook—the Sentinel has the right capacity for your requirements.

The materials and workmanship of every Sentinel Automatic Cook Stove are the very best. Every stove is rigidly inspected before leaving the factory and (whether purchased direct from the manufacturers or from the local gas company or stove dealer) is sold under a binding guarantee that it will do everything claimed for it—provided the clear and complete directions in the Sentinel cook book are followed.

The purchase of a Sentinel Automatic Cook Stove will insure perfectly cooked meals, will lighten your work wonderfully and will give you more leisure and pleasure every day of your life.

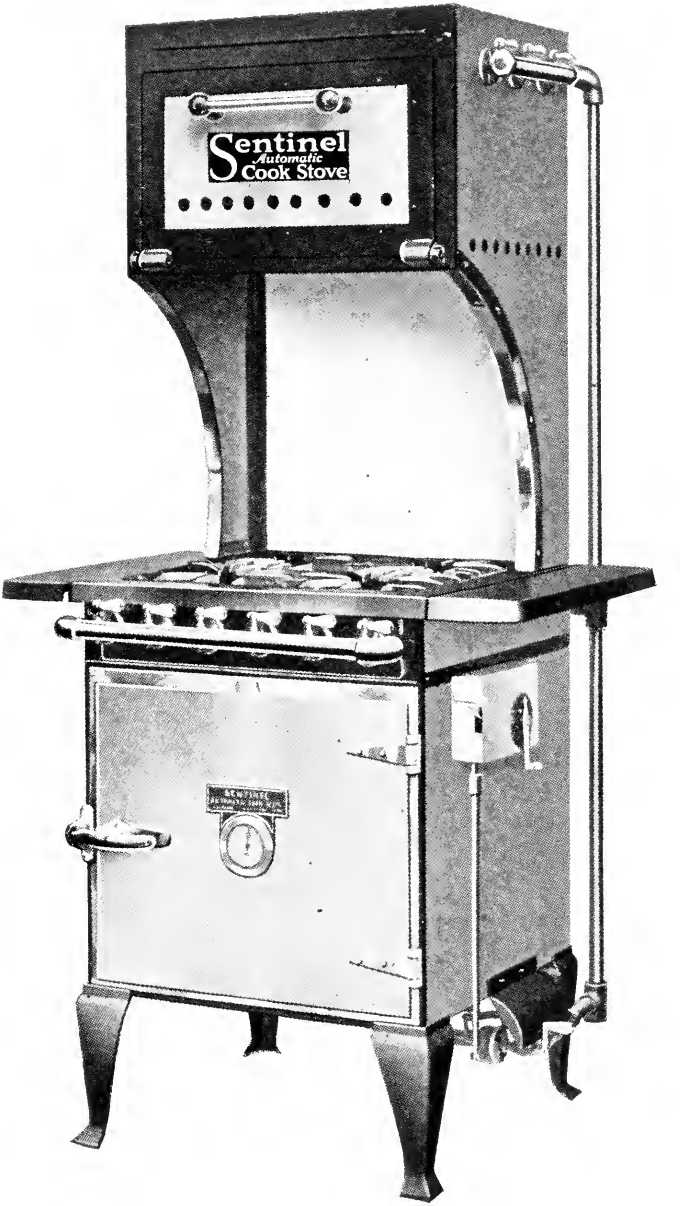
Metropolitan Model

This model consists of the automatic oven, elevated broiler, five open burners (one giant burner, three regular burners and a simmering burner). Oven equipped with Ackroyd Patent Tubular Burner. Manifold drilled for automatic lighter if desired, (extra charge). It furnishes the maximum capacity in the smallest space.

It is finished in battleship gray and black enamel and neatly trimmed. Splash plate is *white* enamel.

Furnished ready for installation, its outside dimensions are: Height 65", Width 23", Depth 25". Hot plate 34" from floor surface. Broiler height is 57" from floor to middle of broiler. Oven dimensions (inside) are: Height 18", Width 20", Depth 19". Lining—Heavy rust-proof material, American Ingot Iron Aluminum Coated. Furnished with Timer on either side as ordered.

Retail price Complete $50.00. Points West of Denver $55.00. Freight allowed.


Sentinel
Automatic
Cook Stove

Universal Model

This model consists of the automatic oven and five open burners (a giant burner, three regular burners and a simmering burner.) Oven equipped with Ackroyd Patent Tubular Burner. Manifold drilled for automatic lighter if desired, (extra charge).

It is finished in battleship gray and black enamel, and neatly trimmed. Furnished ready for installation. Its outside dimensions are:

Height 34″ from floor to top of Hot Plates.

Depth 25″, Width 23″.

Hot Plate surface 20″x19″ on all models.

Oven Dimensions (inside) are: Height 18″, Width 20″, Depth 19″.

Lining --- Heavy rust-proof material --- American Ingot Iron Aluminum Coated.

Furnished with Timer on either side as ordered.

Retail Price Complete $35.00.

Points West of Denver $40.00.

Freight Allowed.


Sentinel
Automatic
Cook Stove

Cabinet Model

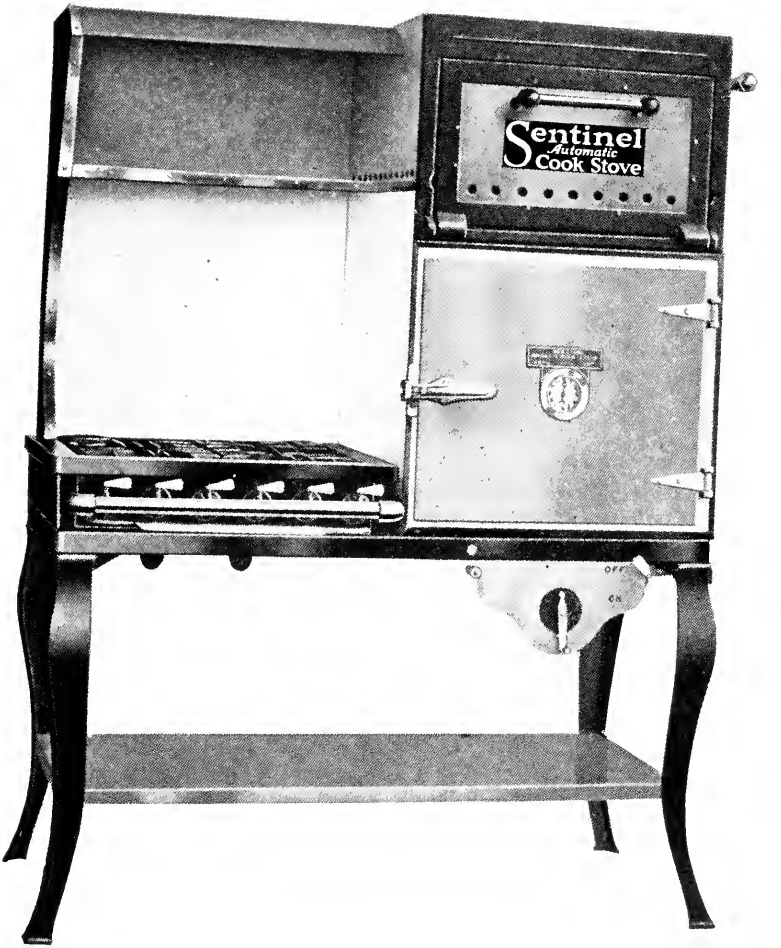
This model consists of the automatic oven, broiler and five open burners (one giant burner, three regular burners and a simmering burner). Oven equipped with Ackroyd Patent Tubular Burner. Manifold drilled for automatic lighter if desired, (extra charge).

It is finished in battleship gray and black enamel, and neatly trimmed. Splash plate is *white* enamel.

Furnished ready for installation, its outside dimensions are: Height 58″, Width 45½″, Depth 25½″. Hot Plates 31″ from floor surface. Broiler height is 50″ from floor surface to middle of broiler. Oven dimensions (inside) are: Height 18″, Width 20″, Depth 19″. Lining—Heavy rust-proof material—American Ingot Iron Aluminum Coated.

Furnished with oven and broiler on right or left as desired.

Retail Price Complete $60.00. Points West of Denver $65.00. Freight allowed.


Sentinel
Automatic
Cook Stove
OFF
ON

Cabinet Model with Oven Removed

This photograph shows the Cabinet Model with parts removed. Note the simplicity of construction, the multi-part soapstone in the bottom of the oven and the rust-proof lining of the oven.


Sentinel
Automatic
Cook Stove